



Sgt. 1st Class Scott Maynard

First Sgt. Kenya Berry, from Milledgeville, Ga., Co. C, 203rd BSB, puts on her war face while high crawling in the mud, during the Eagle Challenge on FOB Hammer, Iraq, April 6.

Troops take Eagle’s Challenge

Sgt. 1st Class Scott Maynard
3rd HBCT Public Affairs

FORWARD OPERATING BASE HAMMER, Iraq – At 5:30 a.m. on April 6, 3rd Heavy Brigade Combat Team Soldiers throughout the brigade’s area of operations were working hard to do their part in the war on terror.

At FOB Hammer, Soldiers from 203rd Brigade Support Battalion were busy building the team through a series of physical and mental tests known as the “Eagle Challenge.”

The challenge tested physical endurance with a one-mile run with their rifles; a four and a half-mile foot-march, which included stops to test their general Soldiering knowledge and unit history; a 30-minute physical fitness and agility session; and four testing stations which evaluated Soldiers’ ability to treat a casualty; disassemble and assemble a rifle, perform a functions check then load; and fill a radio to make a radio check.

“It’s not all Soldiers’ common task training in the challenge,” said 1st Lt. Natassia Fay, from Youngstown, Ohio, the battalion logistician. “There are rules that must be followed as well.”

The rules stipulated that contestants could compete as individuals or teams, there was no use of rank during the challenge, no disputes with the cadre and a positive attitude must be maintained.

The entire 203rd BSB could not participate due to mission tempo, but 48 out of 250 available Soldiers prequalified and took on the team building event.

“Right now you are a ‘Crow’ but by the end of the day some of you will be ‘Eagles,’” said Lt. Col. Kelly J. Lawler, from Monticello, N.Y., commander of the 203rd BSB, to the competitors. “I have my buckle. I want you to have yours.”

The sign of an “Eagle” is a brass belt buckle with the head of an eagle wrapped in the words, “203rd Brigade Support Battalion, Eagle Challenge, Support and Defend, 3rd Infantry Division.”

The Crows were herded off to have their rucksacks inventoried and the challenge began.

“Hurry up crows, get those rucks emptied out,” barked Capt. Fenicia L. Jackson, from Hartsville, S.C., the battalion operations officer. “Crows! You are not moving fast enough, front-leaning rest position, move!”

After the Soldiers warmed up for the one-mile run with Jackson, she inventoried the gear, had them load it up in the truck and moved them to the starting line.

After the exhausted Soldiers finished the exercises, Lawler sent them running into the sun. Some left with smiles, some with frowns and many with a set jaw and determined look.

Once the run was complete the contestants put on their rucksacks and moved on to the foot march. Sgt. Michael Decker, from Columbus, Ga., was in the lead with Spc. Clinton Biddle, from Paris, Ky., close behind. They were followed by team “Wolfpack,” which consisted of Sgt. Paul Zadzura, from Sturges, Pa.; Spc. Mark Shaheer, from Chicago, Ill.; and Spc. Louis Pinault, from Fitchburg, Maine.

After the march, the leader board remained the same. Decker stayed out in front, Biddle a close second and Staff

Sgt. Willie Farris, of Pinebluff, Ark., in third place for the singles competition. Team Wolfpack led in the team category; the leader board remained the same for the rest of the events.

The march was followed by a mandatory rest period at the home station.

However no one got any rest.

Behind the break area lurked a giant water truck. They were soon both drenched and covered in mud.

“I didn’t see that coming,” said Sgt. 1st Class Perry Flournoy, of Columbus, Ga. “It felt good at first. I was hot and sweaty after moving out with that ruck on. Next thing I know, we were covered in mud.”

The 30-minute ‘mandatory break’ turned into an exercise in discipline, dedication and motivation where Soldiers had to demonstrate low- and high-crawl techniques.

“At that point we were half way through. I have never been a quitter - I wasn’t going to start then,” Flournoy said who was elected the event’s Most Valuable Player by the cadre. “By the time the break was over, I needed a break. My eye-pro was covered in mud, which meant I was covered in mud.”

Wet and dripping with mud, the Crows headed to testing stations until they finished the challenge.

“I knew this team had what it takes to win,” said Zadzura, whose team, Wolfpack finished in 1st place. “We pushed each other hard.”

The event started with 48 Crows and finished with 48 Eagles earning their right of passage - an Eagle Challenge belt buckle.

4th Brigade Soldier turns UFC warrior

Pat Young
Managing Editor

Sgt. Nathaniel Baker, Co. A, 4th Battalion, 64th Armor Regiment is no stranger to conflict. As a professional mixed martial arts athlete fighting in the 155 pound weight-category, and Soldier of the 3rd Infantry Division he’s experienced his shares of combat.

Baker, who is currently deployed with 4th Brigade, recently took leave in Albuquerque, N.M. to train with Ultimate Fighting Championship, mixed martial arts greats, Rashad Evans, Keith Jardine, upcoming stars Ryan Barlow, Mike Seal, Joey Villaseñor, and Holy Holm at Jackson’s MMA academy.

While trying out for the Jackson team, Evans noticed a metallic wrist bracelet on Bakers right arm. Looking at it he noticed that it honored Spc. James D. Gudridge, Co. A, 4/64 Armor who died Jan. 6 in Iraq.

Baker explained the bracelet was in honor of his fallen comrades, and talked with Evans at length about the Soldiers

and their efforts there. He told Evans how the Soldiers were making a difference helping Iraq’s economy and infrastrucutre.

“Our command team, particularly our commander and first sergeant, goes out of their way to make sure things are right. Not just for us Soldiers, but for everyone,” Baker said. “I have a lot of admiration for my fellow Soldiers. We help each other out. We help each other up when we’re down.”

Evans shared some thoughts on the sacrifice Soldiers make in Iraq, and extended a special greetings to Baker’s unit.

“I want to thank you personally for everything you do,” Evans said.

“I know it’s hard. I couldn’t imagine what you do.” Evans said the Soldiers efforts were motivational to him. Evans said he had the greatest respect for them and hoped they stay strong and come home. “You are true champions and true warriors.”

Baker, who has been a Soldier since 1997 and a sanctioned professional fighter since 2000, was welcomed to the

Jackson team by Evans.

“Rashad is very genuine person,” Baker said. “For him it isn’t lip service. He was interested in what life was like in Iraq. He wanted to know how Soldiers were living. He has the utmost respect for service-members.”

Baker looks forward to training with Evans and the rest of the Jackson team with excitement.

“It’s like a brotherhood,” Baker said. “We all went to watch some younger children on the Jackson team compete in a grappling tournament. They all did very well, overall placing first. The team is like a Family.”

Baker, a jujitsu-style fighter, started in martial arts in the 6th grade, receiving training from his father, Joseph Baker, who boxed for the Airforce and teaches Jeet Kune Do, and judo. When Baker was 16, he had the opportunity to train with Renzo Gracie and Kevin Cincotta in New York.

The experience opened up his eyes to Jujitsu and the competitive world of MMA.



Sgt. Nathaniel Baker

Deployed lifting club challenges physically fit



Sgt. Kevin Stabinsky

Sgt. Kevin Stabinsky
2nd BCT Public Affairs

FORWARD OPERATING BASE KALSU, Iraq – Being physically fit is a goal for all Soldiers, one most measured by their Army physical fitness test score. But a few select Soldiers are testing their strength and fitness in a different way.

On Forward Operating Base Kalsu, the gym Morale, Welfare and Recreation staff members have created a challenge known as the 1,000-pound club.

The club has been in existence since 2006, said Fato “Tony” Dubova, an MWR coordinator at the base. Like all other MWR functions, the Gjilan, Kosovo native said the goal was to enhance morale.

Individual drive is needed to join the club, which requires male participants to lift a grand total of 1,000 pounds. Females have to lift a total of 500 pounds.

Soldiers have to reach that figure by combining their individual weight lifted in the bench press, dead lift and squat, said Dale Robinson, MWR gym coordinator. Each competitor has three chances at each lift, and must use proper form for the lift to count, Robinson said. For example, competitors must not bounce the weight off their chest when bench pressing and must break the parallel when squatting.

Because of the rigorous requirements,

Robinson, of Trinidad, said most of the people who initially aim for the club don’t meet the requirements.

“Most don’t make it but they still give it their best,” he said. However, those who do make it can have something to be proud of.

For Sgt. Jennifer Alvery, Top Flite security detail, 26th Brigade Support Battalion, 2nd Brigade Combat Team, 3rd Infantry Division, making the 500 club was a major accomplishment.

“It felt good to make the 500 club,” the Navarre, Fla., native said. “I always felt kind of like an average person. This means a lot to me.”

Alvery reach the milestone March 30, only the fifth female ever do so in the competition’s history. Not only did she join an elite club, but she also set several new records. Her bench press of 155 pounds was the top performed by any female, and her squat of 205 pounds tied her for the top spot with fellow 2nd BCT Soldier, 1st Lt. Charmain Lett, assistant supply and logistics, property book officer, Headquarters and Headquarters Company, 2nd BCT.

Alvery’s combined lift of 605 pounds was also a record for the female category.

Like most competitors, Alvery made the greatest gains in the dead-lift event, where she dead-lifted 245 pounds. Although the

bench press is the most popular exercise, Robinson said it is generally the lift most competitors get the least poundage on.

Still when training for the event, it should not be ignored in favor of the other two, he said.

To maximize effectiveness, Robinson said Soldiers thinking of competing should set goals for each lift and work toward those goals in a healthy manner.

“Be very conscious of yourself when lifting. We don’t want anyone to hurt themselves,” he said.

Practicing proper form during training will help reduce the risk of injury, as well as allow Soldiers to get the proper form needed to ensure their lifts are counted in the events, Robinson added.

Soldiers interested in the event can set up a schedule at the front desk to test their might at the gym. The gym is open 24-hours a day, except Tuesdays, when it is closed for cleaning from 8:30 a.m. to 10:30 a.m. Even if not interested in the event, Robinson encouraged Soldiers to come out and work out at the gym, which features machine weights, free weights, cardio equipment like treadmills, row machines, stationary bikes, elliptical machines and steppers, as well as a martial arts training floor with a boxing heavy bag.

“It is important to workout and be healthy,” he said.

Sgt. Jennifer Alvery, Top Flite security detail, 26th BSB, 2nd BCT, 3rd Inf. Div., prepares to perform a squat on the road to joining the FOB Kalsu 500-pound club. She joined the club March 30 with a grand total of 605 pounds lifted.

Jake’s Body Shop: *How to judge proper body fat*

Jake Battle
DMWR Fitness Director

Contrary to popular beliefs, body fat does not necessarily have to increase with age. The reason many people gain fat as they get older is due to less physical activity and the accompanying loss of muscle mass.

Think fat us all bad?

Well, body fat serves as a source of energy for the body. Calories that are not used for growth, repair or activity are stored as fat. A certain amount of fat is essential for normal functioning.

Excess fat represents extra weight to be carried by the body. It can impair some types of exercise, and can be detrimental

to health. Fat puts a strain on the heart as well as the other organs. The excess weight means more work and, therefore, more strain on your cardiovascular system.

Fat weight consists of both essential fat and storage fat. Lean body weight is composed of muscles, bones, organs and other lean tissue. The component of your lean mass most likely to change is your muscle weight. In most cases, lean body mass equals muscle mass.

It is important to remember that the values calculated for your percent fat are estimates, and that your true body fat percent may be one to three percent above or below that value.

However, for hydrostatic weighing and skin fold tests, the error is systematic, and repeated tests should show changes over time. We suggest that you monitor your progress by

using the same method each time.

Body composition and aging

Most people exhibit increased body fat as they get older. The largest gains for men happen between ages 20 through 30; for women between ages 30 through 40. Contrary to popular beliefs, body fat does not necessarily have to increase with age. The reason many people gain fat as they get older is due to less physical activity and the accompanying loss of muscle mass.

Because lean body mass is closely associated with metabolic rate, decreased muscle can result in a sluggish metabolism. Consequently, fat weight gain occurs even if the caloric intake remains the same. Therefore, in evaluating your body composition, consider your exercise habits.

Servicemembers, civilians volley for victory at Tominac

Kaytrina Curtis
Hunter Public Affairs

The Hunter Army Airfield 2008 intramural volleyball season is off to a great start. Four teams meet at Tominac Fitness center Monday through Thursday to face the high net in Rally-ball games.

Sports director, Michael Hughes said playing games in that manner help make the games fast and fun. The teams are a combination of military servicemembers as well as

Family members.

Army reservist Staff Sgt. Michael McDermott, 429th MMB, who plays on the United States Army Medical Department Activity team, used a straight forward strategy to win the first of three games. "Our strategy is to just get the serves in," said McDermott. "Make them make the mistakes, not us."

MEDDAC won the first of three games in the first match against Lang's Smashers April, 17 26-24. However, the Smashers came back with two narrow victories 25 to 23; 25

to 22 to win the first set. In the second match, the Smashers took an early lead winning 25 to 19; and held on during the second of the three games, to win by two, 27 to 25. MEDDAC closed out their day with a final win against the Smashers 25 to 17.

Community members are encouraged to learn more about the game and come out to support Soldiers, Families and civilians as they volley, set and slam at Tominac.

For more information about the volleyball schedule or the game, call Michael Hughes at 315-4160.

Hinesville Hurricanes Schedule

Come watch semi-professional football team Hinesville Hurricanes.

Date	Opponent	Location	Time
May 3	Waycross Firebirds	Fort Stewart	6 p.m.
June 7	SO GA Warriors	Thomasville	7 p.m.
June 14	Seaport Sharks	AWAY	5 p.m.
June 21	Waycross Firebirds	HOME	7 p.m.
June 28	Macon Warriors	HOME	7 p.m.
July 12	SO GA Stars	Americus	7 p.m.
July 19	Waycross Firebirds	HOME	7 p.m.
July 26	Seaport Sharks	AWAY	7 p.m.
Aug. 2	SO GA Warriors	HOME	7 p.m.
Aug. 9	Macon Warriors	AWAY	TBA
Aug. 16	SO GA Stars	HOME	7 p.m.
Aug. 30	1st round of playoffs		
Sept. 6	2nd round of playoffs		
Sept. 20	Championship		

For more information call Coach James Sharp at 369-7285 or Coach Michael Jones at 369-2478.



2008 INSTALLATION SPORTS

Hunter Intramural Volleyball Schedule

April 24 Riggers platoon vs. Smashers 6:30 p.m. 224th MI vs. MEDDAC 7:30 p.m.	Riggers platoon vs. Smashers 7:30 p.m.
April 28 Riggers platoon vs. MEDDAC 6:30 p.m. Lang's Smashers vs. 224th MI 7:30 p.m.	May 5 Riggers platoon VS. 224th MI 6:30 p.m. MEDDAC VS. Smashers 7:30 p.m.
April 29 MEDDAC vs. Smashers 6:30 p.m. Riggers platoon vs. 224th MI 7:30 p.m.	May 6 224th MI VS. MEDDAC 6:30 p.m. Riggers platoon VS. Smashers 7:30 p.m.
April 30 224th MI vs. MEDDAC 6:30 p.m. Riggers platoon vs. Smashers 7:30 p.m.	May 7 Smashers VS. 224th MI 6:30 p.m. Riggers platoon VS. MEDDAC 7:30 p.m.
April 30 224th MI vs. MEDDAC 6:30 p.m.	May 8 Riggers platoon VS. 224th MI 6:30 p.m. MEDDAC VS. Smashers 7:30 p.m.

Sign up for CYS sports

Special to the Frontline

Registration for youth T-ball, baseball, and girls' softball is currently underway and will end May 5 or when all slots are filled. Sports programs are open to all Child and Youth Service members, both boys and girls for children meeting the age requirements. The categories are T-ball for 4 to 6-years old as of May 1; Baseball for 7 to 14 year old as of Aug 1; and girls' softball, for ages 7 to 12, as of Jan 1. For

more information, call 767-4371.

Register for the above sports at Fort Stewart CYS, building 443, Gulick Ave. next to Corkan Pool. Hours of operation are 8 a.m. to 5 p.m., Monday through Friday; 9 a.m. to 6 p.m., Wednesday. For more information, call 767-2312. Sports registration is free to children of any parent currently deployed. Volunteers are needed to coach teams. If interested, please contact CYS at 767-2312 or Youth Sports Office at 767-4371.